



YOGA WITH JONALIE IS BACK!
 MONDAYS AT 10:00 AM
 \$10 PER CLASS
 JANUARY 9, 16, 23 & 30



JANUARY 2017



Date	Time	Event	Location	Sponsor/Contact	Description
Wednesday January 4	10:00- 12:00 noon	Gramatan Village Open House	Gramatan Village 85 Pondfield Road Bronxville	Gramatan Village Member Services (914) 337-1338	Learn about the benefits of membership, volunteering opportunities or for current members who wish to make the most of their membership!
Friday January 6	10:00 a.m.	<u>"A Room at a Time,"</u> Are you a Keeper or a Tossler?	Gramatan Village 85 Pondfield Road Bronxville	Gramatan Village Member Services (914) 337-1338	Join us as presenter Liz Sprague discusses the tricks of downsizing and de-cluttering. *FREE*
Wednesday January 18	2:00- 3:00 p.m.	<u>"Ageless Grace,"</u> Timeless Fitness for the Body and the Brain	Gramatan Village 85 Pondfield Road Bronxville	Gramatan Village Member Services (914) 337-1338	Join us for this introductory session presented by Mary Huff Stevenson *FREE*
Wednesday January 25	11:00 a.m.- 12 noon	<u>"Fall Prevention"</u> <u>Seminar</u> Presented by Wartburg	Gramatan Village 85 Pondfield Road Bronxville	Gramatan Village Member Services (914) 337-1338	Join us for this helpful seminar presented by Esther Colbran, Physical Therapist/ Outpatient Rehab Manager *FREE*
Thursday January 26	2:00-3:30 p.m	<u>"Memoir Writing Workshop,"</u> Tell your life story through writing a memoir!	Gramatan Village 85 Pondfield Road Bronxville	Gramatan Village Member Services (914) 337-1338	Introductory Memoir Writing Workshop presented by Nancy Kessler *FREE*
Friday January 27	12:00- 2:00 p.m.	Chinese New Year Luncheon	Aberdeen 3 Barker Avenue White Plains	Gramatan Village Member Services (914) 337-1338	Join us for Seafood & Dim Sum! <u>Cost: \$30</u>

****Please note our office will be closed January 2nd****

To register for any of our programs, call or email us at [914-337-1338](tel:914-337-1338) or info@gramatanvillage.org